

OPTIMA '74

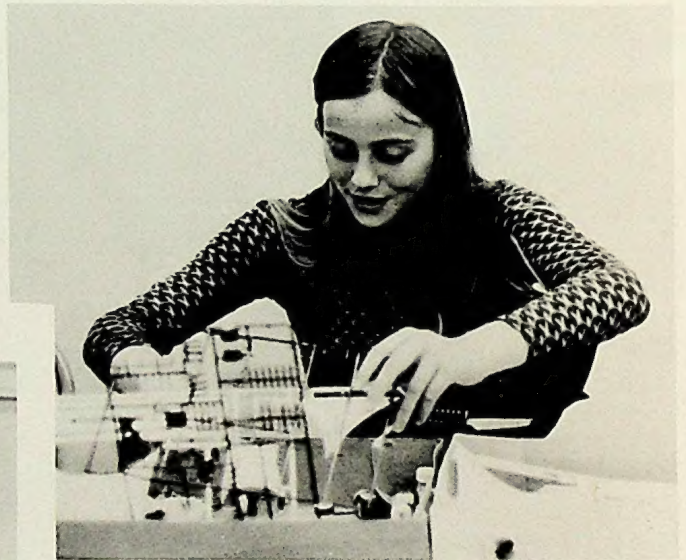
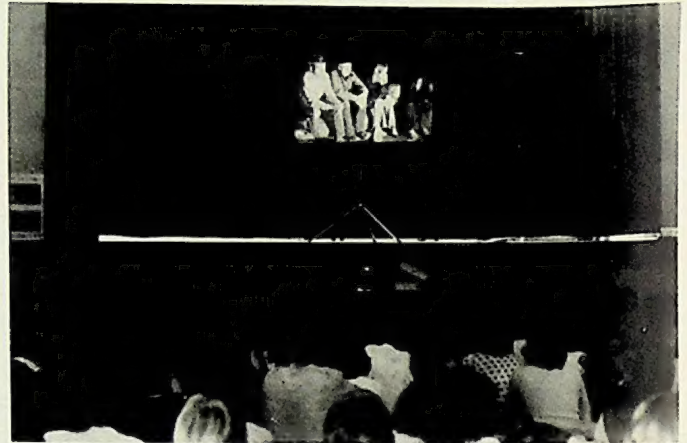
HIGHLANDS



73 TO 74

Jim Thompson

CANDIDS



PRINCIPAL'S MESSAGE

"I am not bound to succeed, but I am bound to live up to what light I have."

ABRAHAM LINCOLN.



The "light" referred to by Abraham Lincoln is a philosophy of life. It is a code of values which gives meaning and direction to our everyday affairs. Without this guidance we are unable to measure our successes or failures; we have no inner court to which we can appeal for judgment on our actions.

A philosophy of life of a person of good character will be something like this: after examining a problem, situation or proposal with an open mind and an inquiring manner, he will decide what he ought to like and what he should dislike. He will weigh gains against losses knowing that he cannot have one without the other. He knows that it is not concrete words like money and power that give dignity to character and happiness to individuals, but rather misty words like honour, love, loyalty, trust and faith.

In today's rapidly changing society one thing is certain: we must make decisions. We come into contact with people who try

to persuade, force, shock or dazzle us into accepting their views and following their plans. It is important to listen to them, for how else can we know between what courses we are choosing, but we must have that "light" to guide us in reaching a decision and keeping us on the right path.

To the grade nine and other students who will not be returning next fall, may I extend my congratulations and best wishes for all your future endeavors.

To all students, parents and staff, thank you for your fine co-operation and school spirit.

Have a very enjoyable summer recess.

ASSISTANT PRINCIPAL'S MESSAGE



August 1960 sounds like a terribly long time ago. Yet, it seems only yesterday that I first entered rather meekly and quietly through a side door to begin what has turned out to be a fourteen year experience at Highlands. I can truthfully say I've enjoyed the whole bit -- from my initial assignment to Industrial Arts One right on through this past year. I've enjoyed my work with its many and varied challenges. I've enjoyed my association with some of the finest teachers the Edmonton Public School Board will ever have. I've enjoyed watching little boys and girls growing into young men and women.

I've become older, of course, and wiser, I think but I have not become bitter or turned off. For this, I am thankful to the students. In the end, no matter how difficult and trying they can be and no matter how quickly or slowly they progress, they restore my faith in humanity and make all the grey hairs seem worth the effort. Sure some of my former students are spending large portions of their lives rotting in Fort Saskatchewan and Prince Albert but these can be counted on the fingers of one hand. The majority are normally adjusted adults coping as satisfactorily as is possible in these turbulent times with the kinds of lives most of us are destined to live. A few have sacrificed the time and effort to test their abilities to the utmost. These have measured up to their potential and are now beginning to make their own mark upon this world.

It is always a pleasure to reminisce with those you've been associated with in the past. It is impossible however, to remember literally thousands of faces and names. I leave the initiative with you. If you recognize me somewhere a month, a year or ten years from now, stop me, say hi and tell me about yourself. I'll be happy you did and I promise to listen with interest to all the wonderful things that have happened to you in the interim.

I am looking forward with anticipation to new challenges and new faces in my next assignment. I have however, reserved a permanent soft spot in my heart for Highlands. I shall always remember fondly my years at Highlands Junior High School.

Dear Mr. Mukanik,

After fourteen years as teacher and assistant principal at our school it is difficult to express in words our deepest appreciation for your sincere and unstinting efforts on our behalf. In an attempt to thank you, Mr. Mukanik, we dedicate this edition of our yearbook to you.



STAFF



Mr. Sulatyky



Mr. Mukanik



Mr. Fricker



TESTS!
VERBS
ADJECTIVES
NOUNS
STORIES
PUNCTUATION
LITERATURE
JOURNALISM

LANGUAGE ARTS



Ms. Brown



Ms. Coulman



Ms. Duff



Ms. Gelette

SCIENCE



Mr. Armstrong



Mr. Nicholson



Mr. Pho



$$\begin{aligned} \square a^2 + 5a^2 &= 6a^2 \\ \triangle 7 &= 7 \times 2 \\ 5 + 6 &= 11 \\ 20 \div 4 &= 5 \end{aligned}$$

MATHEMATICS



Mr. Compall



Mr. Kolskog



Mr. Lastiwka

SOCIAL STUDIES



Mr. Cathers



Mr. Dubelt



Mr. Porapoff



ADAPTATION



Mr. Looney

LIBRARY



Ms. Chichak



PHYSICAL EDUCATION



Ms. Usher



Mr. Federuh

HOME ECONOMICS



Ms. Boyko



Ms. Costigan



INDUSTRIAL ARTS



Mr. Christensen

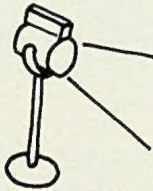


Mr. Deslaurier

DRAMA



Ms. Busby



Mr. Watt

MUSIC



Mr. Cockell



CUSTODIAL



Mr. McConnell



Mr. Wahlynd

SECRETARIAL



Ms. Moore



Ms. Anderson



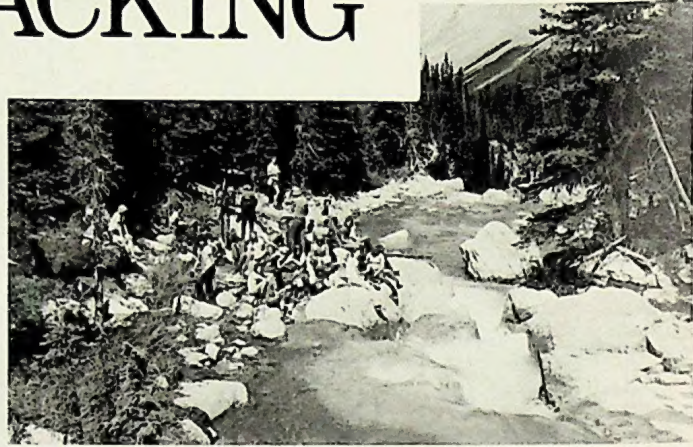
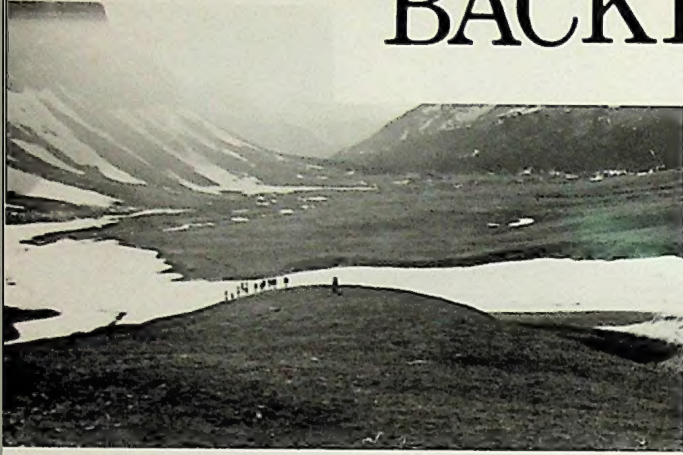
Ms. Young



Ms. Elzinga



BACKPACKING



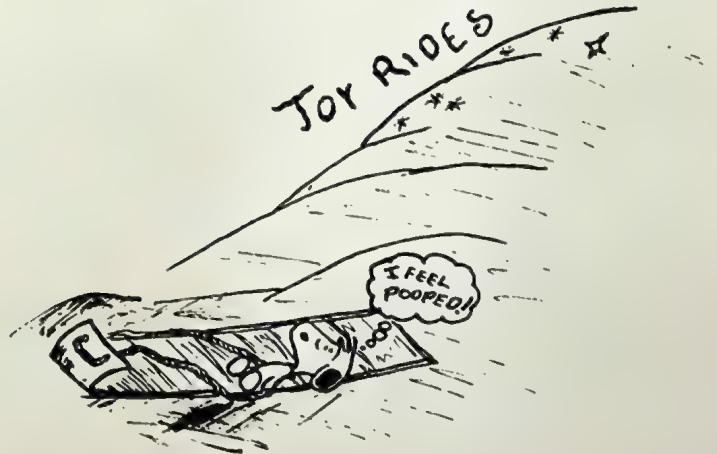
ACTIVITIES



MUK-LUCK

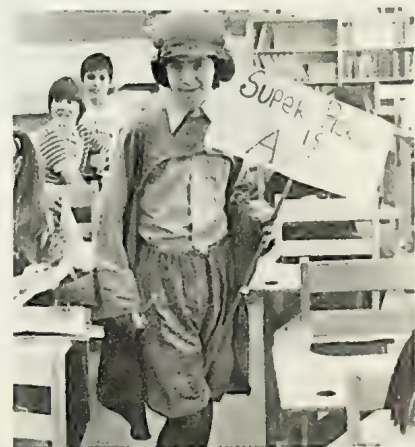


JOY RIDES

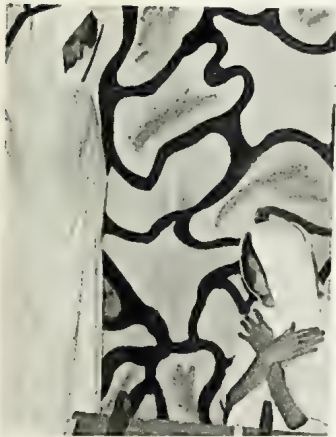
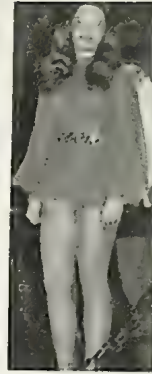


TIM
SHAMPTON.

HALLOWEEN

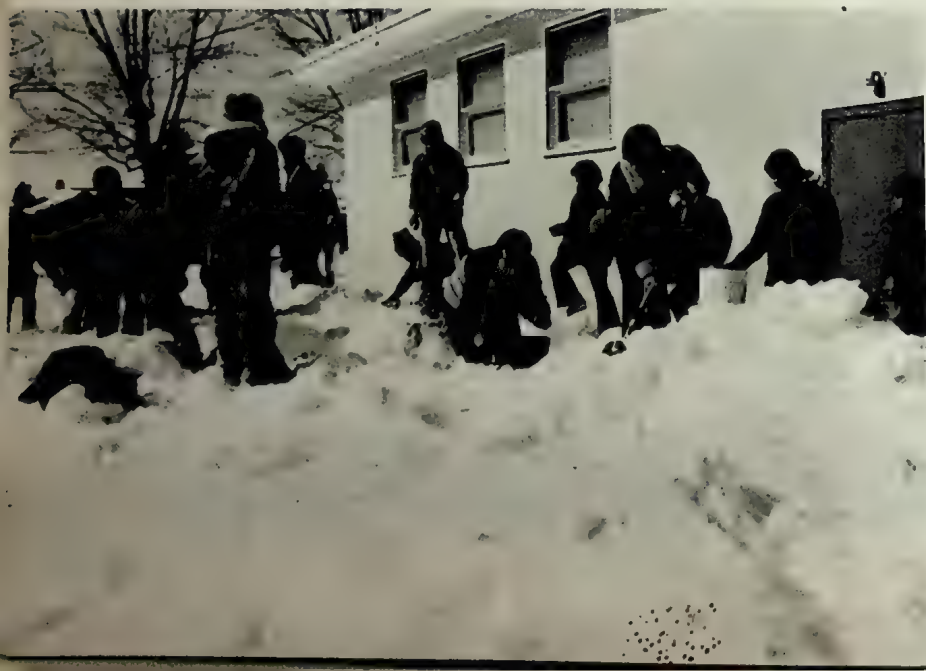


CHRISTMAS





MUK LUK





STRAIN



CHEER LEADERS

Napora Sharon
Wilson Cory
Tooke Brenda
Atkin Jane
Waddel Lori
Mac Gregar Christine
Von Steffans Jackie
Dunning Sherry

GRADE 9

GRAD '74



JASPER





Benson Shirley
Belka Ronald
Christianson Linda
Keen Brent
Danchuk Debbie
Kushnerik Colin



Danyluk Valerie
Larsen Jackie
Deines Sharon
Lilgert Ron
Drinkwater Tami
Loosley Andrew



Gutknecht Doreen
Mah Edmund
Heikel Jeanette
Mantle Dale
Linford Denise
Richman Todd



Maitland Karen
Reinisch Ken
Meier Jane
Shupenia Humphrey
Olsen Susan
Tidridge Stephen



9A

Osborn Darlene
Westacott Dwayne
Shrimpton Dianne



Alexander, Diane
Atkin, Jane
Balser, Mark
Befus, Linda
Boe, David
Bourque, Michelle



Fiddler, Brenda
Funk, Debbie
Heinish, Sherry
Heyworth, Lenny
Hyde, Robbie
Klauser, Rudi



Littlejohn, Darrell
MacGregor, Christine
McArthur, Dean
Pulak, Gary
Rains, Rhonda
Rosich, Nancy



Rudko, Dana
Shrimpton, Jim
Wilson, Barbara
Wong, Jancy



THE
BETTER
HALF





McRae Robert
Der Jim
Grezch Sharon
Pawlenchuk John
Bruin Annette
Johnson John



Lawrence Mike
Farley Sandra
Ashley Wesley
Johns Cheryl
Rokitsky Brian
Plaizier Diane



James Theresa
McCallum Stepher
Finlay Pat
Orton Bryan
Magega Darlene
Kochanyk Barry



Lilgert Iothar
Brosch Tyrone
Hugh Caroline
Miller Terry
Thoen Linda
Buckland Debbie



90

Nuthack Richard
Wacko Rick



Kelba Sheila
Mclean Darryl
Klatt Sandra
Wong Danny
Wilson Cory
Martin Bill



Danard Gary
Fentie Colleen
Boyd Hoss
Blair Pat
Melnychuk Dan
Brosch Bridget



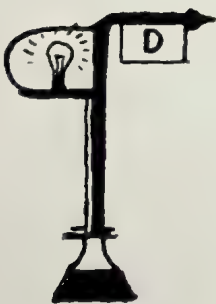
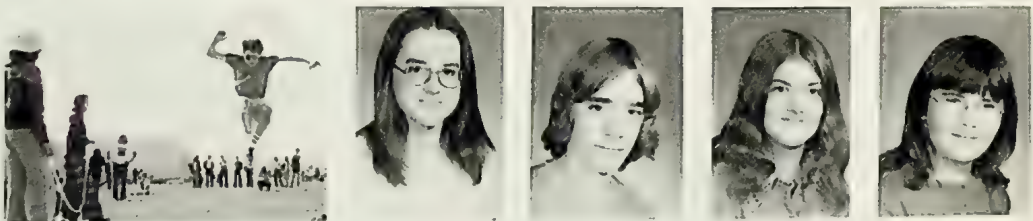
Dahlbak Judy
Kalinocka Rick
Wong May
Rekush Darren
Forslund Karen
Collins Garth



Koyich Michael
Danard Teresa
Sinclair Jack
Caswell Cathy
Ross Bob
Tooke Brenda



Cunningham Joyce
Gates Daryl
Hauca Christine
Shinkaruk Linda





Crawford Brent
Bremner Beverly
Burgess Kelly
Burns Nancy
Jones Elaine
Twigge Marny



Poon Dale
Whalen Sherry
Forrest Brian
Pearce Shelley
Coffey Fred
Morrissey Sharon



Drewe Jim
Hoffman Gail
Horny George
Varvis Didi
Robertson Don
Theimer Linda



Lawrence Robin
Hoffs Joan
McSparran Jamie
Vidalin Debbie
Brabazon Tim
Underwood Donna



Goodhope Sally
Sarafinchan Linda
Vidalin Paul
Hay Joanne
O'Krusko Danny
Kuhnke Janice



Hulleman Joyce



9É

Wallace Brenda
Morris Joanne
Palichuk Miles
Bodnar Maxine
Osolinsky Danny
Bochke Kathy



Adams Doug
Kyma Linda
Kasliuk Wayne
Basaraba Cindy
Andony Nick
Krys April



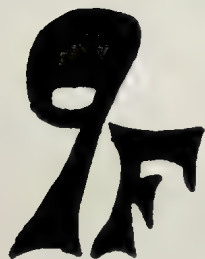
Damoridny Jerry
Spinks Vicki
Budzak Rodney
Rosell Tanya
Hrinirchuk Richard
Bilyk Darlene



Sawchuk Raymond
Moraiko Jane
Chimera Dwayne
Mwanchuk Peggy
Hlewka Jeffrey
Napora Sharon



Zukiwski Michael
Napora Donna
Maslyk Carol
O'krainetz Judy
Rewega Betty





Bjornson Sharon
Geddie Leslie
Hagen Garaldine
Heather Wendy
Inkster June
McCausland Karen



Schneider Joyce
Weidemann Heike
Wiederspiel Dawna
Anderson Pat
Cox Charles
Dryden Tim



Evenson Dean
Harvey Greg
Mceachern Brian
Nemirsky Doug
Ocgotta David
Pidluzny Wayne



Struk Kelly
Woytkiw Jim
Doyle Lankis



9

GRADE 9 AWARDS

ACADEMIC AWARDS

Highest Standing:
Brian Forrest

Rick Andony
David Boe
Darlene Bilyk
Beverly Bremner
Rodney Budzak
Sandra Farley
Gail Hoffman
Carolyn Hugh
Theresa James
April Kryz
Robin Lawrence
Darrell Littlejohn
Dan Melnychuk
Sharon Morrissey
Robert McRae
David Ochotta
Dale Poon
John Schultz
Humphrey Shupenia
Marny Twigge
May Wong
Michael Zukiwski

ATHLETIC AWARDS

Top Athlete:
Robin Lawrence

ATHLETIC TROPHIES

Karen Forslund
Mike Koyich
John Schultz

ATHLETIC CERTIFICATES

Jack Larsen
David Ochotta
Danny Wong

TKACHUK MATHEMATICS AWARDS

Carolyn Hugh
David Ochotta

STUDENTS' COUNCIL SERVICE AWARDS

Danny Wong
Robin Lawrence
May Wong

YEARBOOK SERVICE AWARDS

Vicki Spinks
Danny Melnychuk
James Shrimpton
Marny Twigge



MUSIC AWARDS

Dwayne Westacott
Theresa James
Sandra Farley
Elaine Jones

FRENCH AWARDS

Beverly Bremner
Brian Forrest

UKRAINIAN AWARDS

Richard Andony
Darlene Bilyk

HOME ECONOMICS

Sandra Farley
Gail Hoffman
Theresa James
Jane Meier
Vicki Spinks

INDUSTRIAL ARTS

Rodney Budzak
Robert McRae
David Ochotta
Danny Osolinsky
Raymond Sawchuk
Michael Zukiwski

TYPING AWARDS

Gail Hoffman
William Martin

HOUSELEAGUE PLAQUE

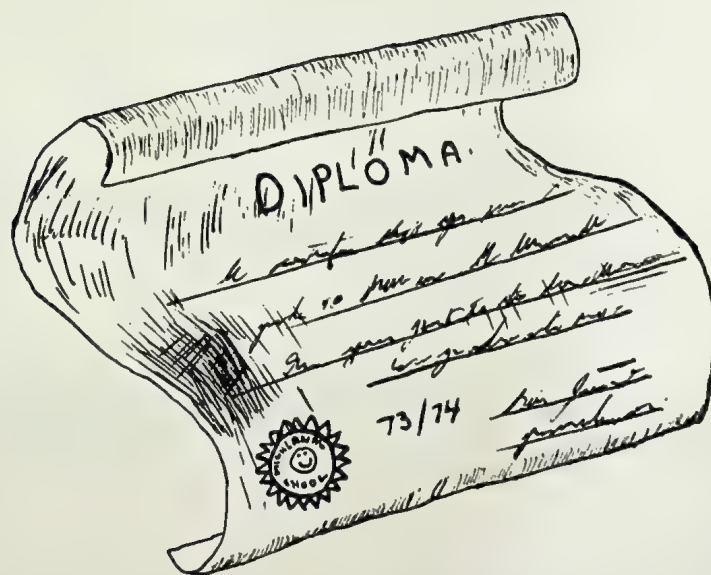
White House

ART AWARDS

Theresa James
April Kryz



GRADE 9 GRADUATION



GRAD.



GRAD 8



GRADE 8 AWARDS

ACADEMIC AWARDS

Highest Standing:
Linda D'Hulster &
Terry Kawchuk.

Ryan Andre
Cherri-Lynn Beckley
Shelley Cleve
Susan Gundeson
Edwin Hammermeister
Blake Johnson
Monica Lacroix
Jane Lopatynski
Richard Mah
Beverly Miskiw
Jason Oden
Barbara Ostrowercha
Robert Palamarek
Joyce Poon
Evelyn Poon
Karen Romaniuk
Rosalind Rudat
Sabine Rudat
Meredith Rusk
Breton Thoen
Joanne Underwood

FRENCH AWARD

Susan Gundeson

HOME EC. AWARDS

Linda D'Hulster
Beverly Miskiw



ATHLETIC TROPHIES

Scott Forslund
Jan Odynski
Barbara Ostrowercha

ATHLETIC CERTIFICATES

Rodney Haugh
Robert Palamarek
Cherri Beckley
Pam Kachowski
Brenda Kucy

ART AWARDS

Cherri Beckley
Olga Horobec
Larry Thiessen

IND. ARTS AWARDS

Richard Mah
Ronald Morrissey

MUSIC AWARDS

Debbie Craik
Douglas Price

UKRAINIAN AWARDS

Thomas Demchuk
Olga Horobec
Terry Kawchuk
Barbara Ostrowercha





Corah Faye
Reid Michael
McLaren Doug
Koyich Cindy
Bockke Sharon
Bowkett Gordon



Brook Wanda
Kachowski Pam
Horobec Olga
Romaniuk Karen
Carp David
Smith Kim



Meyer Susan
Rokitsky Debbie
Thiener Brenda
Reid Barbara
Poon Lily
Arnston Cliff



Prostebby Darlene
Forslund Scot
Lefiler Kurt
Ronaldson Glen
Mulligan Ron
Tchir Dale



Banford Garnet
Karch Willy
Kurash Alvin
Millar Stewart
Mahwoich Don



Amyotte, Dale
Beniston, Karen
Blanchard, Diane
Cholak, Colin
Dahlbak, Kelly
Drew, Steven



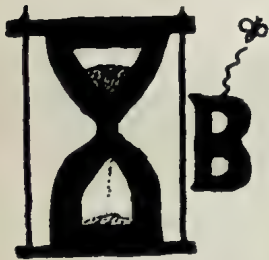
Drusul, Cindy
Edwards, Bonnie
Empson, Susan
Fischer, Greg
Hammermeister, Edwin
Imeson, Kelly



Leclerco, Mona
Letendre, Angeline
Liber, Ronald
Meyer, Brenda
Miller, Kerry
Monninger, Loyde



Norlander, Pat
Sawchuk Cheryl
Superkoski Darren
Tyrlik Brian
Wallace David





Andrews Debbie
Brozny James
Bartzis Mary
Cutkenecht Robert
Berube Laura
Johnson Blake



Davies Anna Maria
Johnson David
Harvey Susan
Hagen James
Lacroix Monica
Hollar Terry



Lillijord Donna
Kirk Bob
McKae Patricia
Morrissey Ronnie
Poon Evelyn
Nelson Kevin



Reierson Debbie
Palamarek Rob
Rudat Rosi
Percheson Kevin
Rusk Merideth
Shukaliak Joe



Squarok James
Truxler Pam
Thoen Breton



Hjornson Jackie
 Elkow James
 Hanchuk Rene
 Ashley Murray
 Potestio Marie
 Kindiak Michael



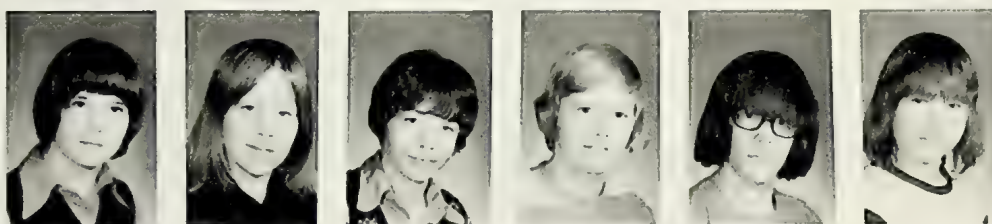
Bruin Marion
 Lee Gene
 Nelles Janet
 Pylypchuk Tim
 DeHoog Anne-Marie
 Geddie Scott



Gundeson Susan
 Shupenia Wayne
 Mundt Marion
 Streitmeier Gary
 Kuchera Marion
 Yanow Carol



Kiddell Kristine
 Nystrom Carey
 Wiltzen Leonard
 Williams Rick
 Haugh Rodney
 O Krainetz Joey





Wong Betty
Pfaff Roland
Ozuk Patrick
Lopatynski Jane
Morris Bradley
Karpetz Randy



Craik Debbie
Andre Ryan
Sawchuk Kim
Erickson Allan
Maitland Bonnie
Plunkie Kelly



D'Hulster Linda
Kuziw Todd
Kawchuk Terry
Cleve Shelly
Thornell Lance
Hirschbeck Sylvia



Audat Sabine
Jones Brad
Shinkaruk Brian
Dunning Sherry
Moraiko Darlene
Welsh Brian



Struk Daryl
Underwood Joanne
Pretty Bruce

Thiessen Larry
 Petersma Anne
 Waddell Lori
 Beckley Cherri
 Woelinga Harry
 Sawchuk Karen



Schably Heidi
 Szady Zigmund
 Oden Jason
 Mah Richard
 Wong Floria
 Wong Florence



Viske Rodney
 Sawchuk Marie
 Trent Christine
 Kucy Brenda
 Poon Joyce
 Kaduk Robert



Demchuk Tommy
 Price Douglas
 Lubemsky Laverne
 Napora Darrell
 Shrimpton David
 Stcherba Eugene



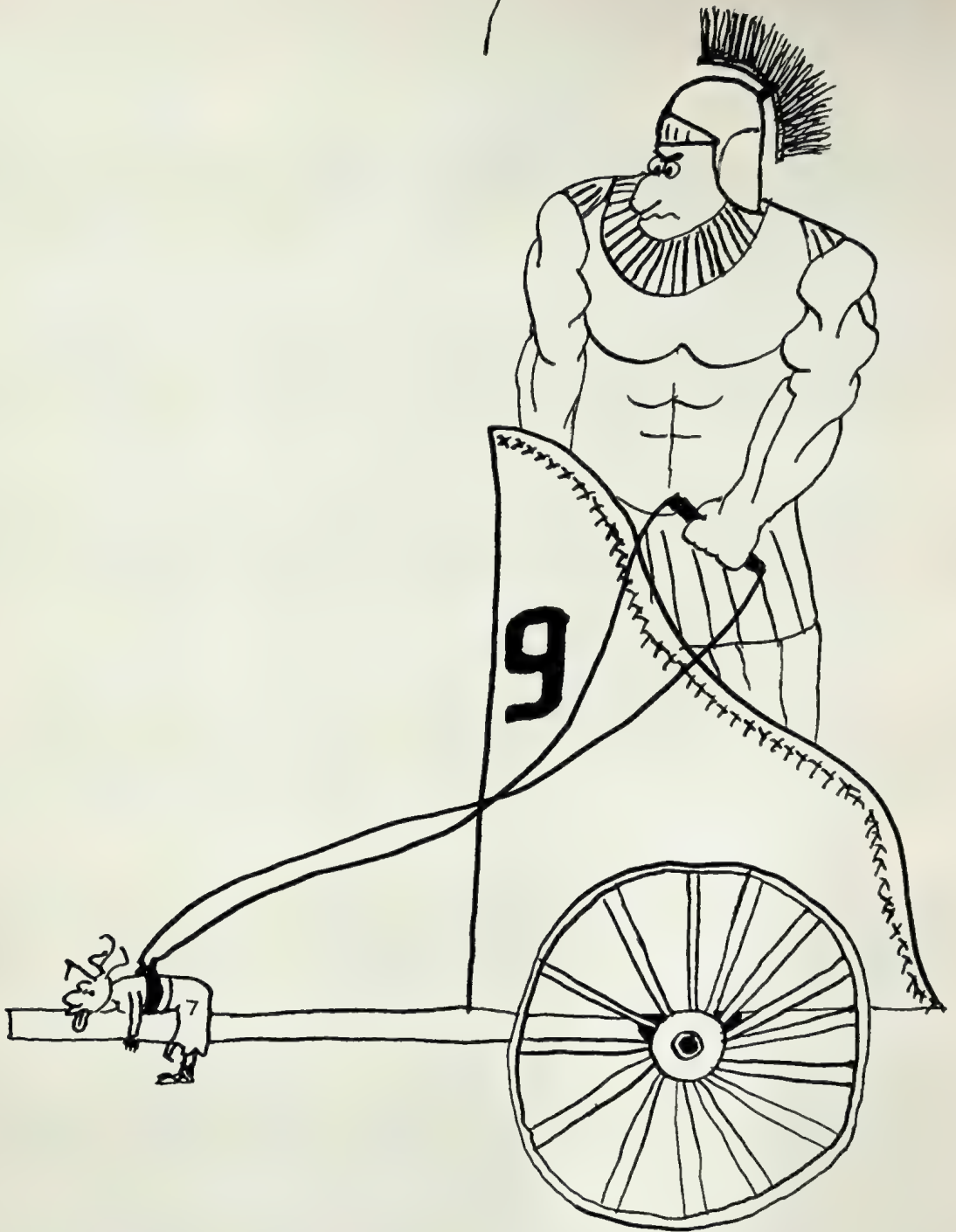
Greckol Darlene
 Miskiw Beverly
 Ostrowerka Barbara



8f



GRADE 7



GRADE 7 AWARDS

ACADEMIC AWARDS

Highest Standing:
Beverly Hoffman

Ian Day
Russell Gray
Wayne Hackman
Sandra Henzler
Gail Hussynech
Peter Ochotta
Bartley Oegema
Murray Pratt
Debbie Thompson
David Wilson

ATHLETIC TROPHY:

Kelly White

ATHLETIC CERTIFICATES

Lorne Fundytus
Russell Gray
Edwin Hammermeister
Murray Pratt
Karen Hole
Gail Hussynech
Beverly Butlin
Denna Nelson

ART AWARDS

Russell Gray
Gail Hussynech

FRENCH AWARD

David Wilson

MUSIC AWARDS

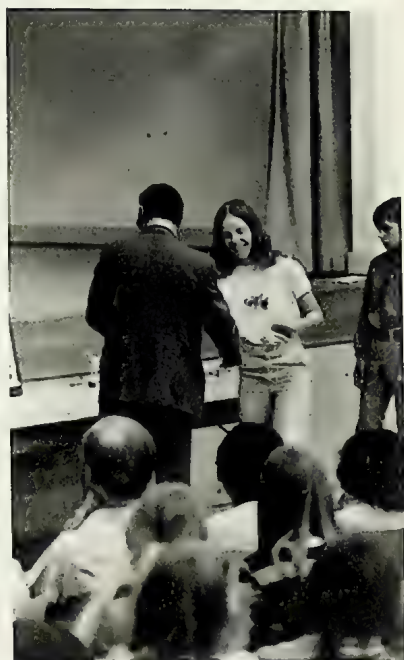
Wayne Hackman
Vincent Meier

UKRAINIAN AWARDS

Wayne Hackman
Gail Hussynech
Allan Masliuk
Peter Ochotta
Theresa Prosciak

YEARBOOK AWARD

Marlene Zukowski





Goshko Miriam Ann
Shrimpton John
Botto Rita
Shane Wayne
Glanville Suzen
Andony Joe



St. John Jeff
Poulin Kathy
Inkster Allan
Ash Barbara
Garne Vincent
Johnson Carla



Wilmer Cindy
Kerich David
Hude Shannon
Anderson Jim
Campion Janette
Hackman Wayne



Greenwood Dwayne
Henry Laura
Ochotta Peter
Baker Ronald
Drewe Stephen
Bremner Chris



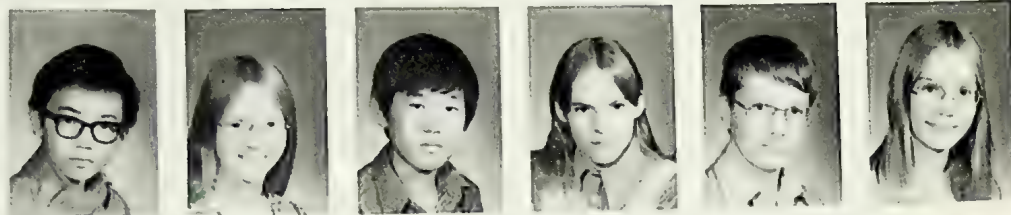
Alexander Allan
Saites Tony
Litke Horst



Von Steffens
Jackie
Johns Shane
Laprade Toni
Nishat Somji
Prosciak Theresa
Nielsen Kevin



Mah, Gene
Chorley, Melanie
Young, Kim
Nagle, Pat
Eirich, Jeff
Spiwek, Margaret



Thompson, Debbie
Heikel, Neil
Wacko, Dolores
White, Kelly
Dmytruk, Lori
Dugray, Leny



Kyle Kenny
MacGregor Robert
Bruglemans Robbie
Dewolfe Tim
Ridell Mathew
Atkin Thomas



Pekrul Jack
Barnick Michael
Oegema Bartley



7B





Taha Shreffee
 Kuzyk Randy
 Taha Khadage
 Walker Darren
 Geifridt Susan
 Meier Vincent



Geddes Scott
 Hussyneq Gail
 Litzinger George
 Struk Brenda
 Belter David
 Sliwkanich Sherry



Kuzemski Sandy
 Baker Ronald
 Furoy Nita
 McLeod Stuart
 Gillowitz Barbara
 Truxler Stephen



Juric Petar
 Straathof Greg
 Leffler Roddy
 Wazonek Keith



Zanello Brika
Shrimpton Richard
Butlin Beverly
Masluik Allan
Brooks Tana
Pratt Murray



Nikitin Dimitry
Armstrong Windy
Day Ian
Tanakiuk Angela
Dromarsky Ray
Danard Cathy



D'Julster Kelly
Symington Michael
Henzler Sandra
Kostyniuk Wesley
Pretty Margret
Eyre Tim



Kondach Donald
Morrison Sandy
Gates Daryl
Lakey Lee
Emes Darrell
Leclerc Melvin



Wong Keith
Klatt Calvin
Mix Stewart
Butlin David

70





Dewolf Edward
Ganske Sandy
McLennon Ivan
Dybvig Sandy
Boyd Keith
Ashley Lois



Vanzella Patricia
Westacott Dwight
Nelson Denna
Lawrence John
Schwab Shelly
Brown Carey



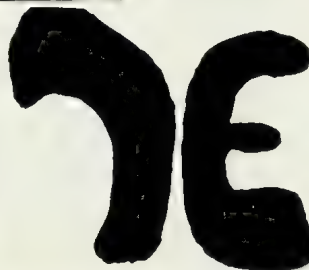
Donald Greg
Nystrom Desiree
Flower Nigel
Provincial Penny
Gray Russell
Hebert Elaine



Mykituk Mark
Sikora Trevor
Duchny Taras
Wilson David
Caldwell Kelly
Diakur Michael



Steinke Norman
Der Doug
McPherson Scott



Chubaty Sandra
Hoffman Beverly
Hole Karen
Kearney Janice
L'Hirondelle Maxine
Mellic Barbara



Shinkaruk Dianne
Shewchuk Sherry
Welsh Enid
Whitford Lynn
Berget Gerald
Zukiwski Marlene



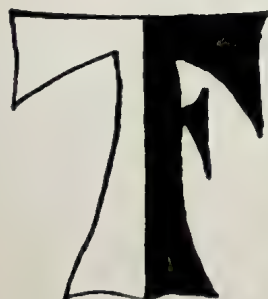
Berget Gerald
Brown Doug
Flamant Robert
Fundytus Lorne
Lakusta Donald
Laubman Brian



Lawrence Frank
Melnichuk Andrew
Melnik Buddy
O'Krusko Terry
Patton Ricky
Pearce Scott

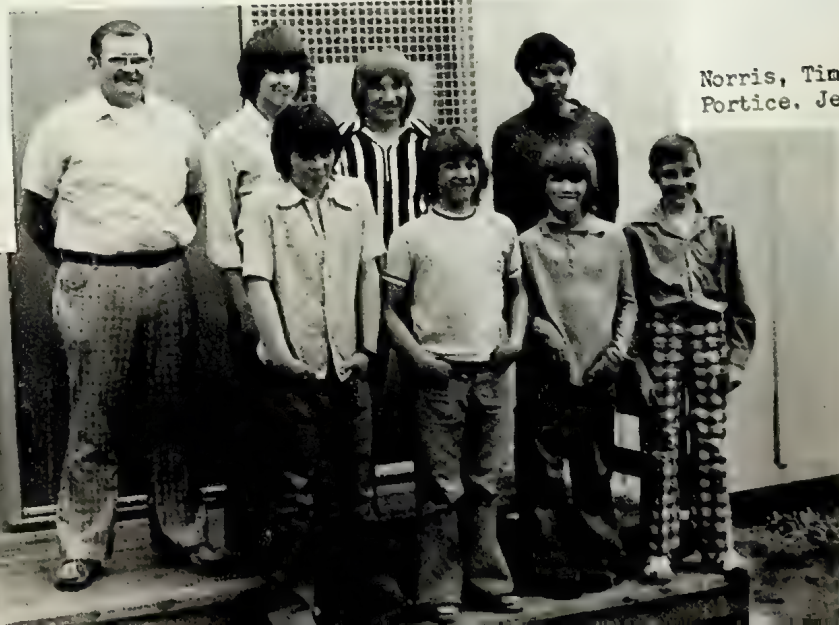


Shewchuk Nicky
Shinkaruk Rusty
Shupenia Kenneth
Smolic Daniel
Whitford Earl
Zak Kevin

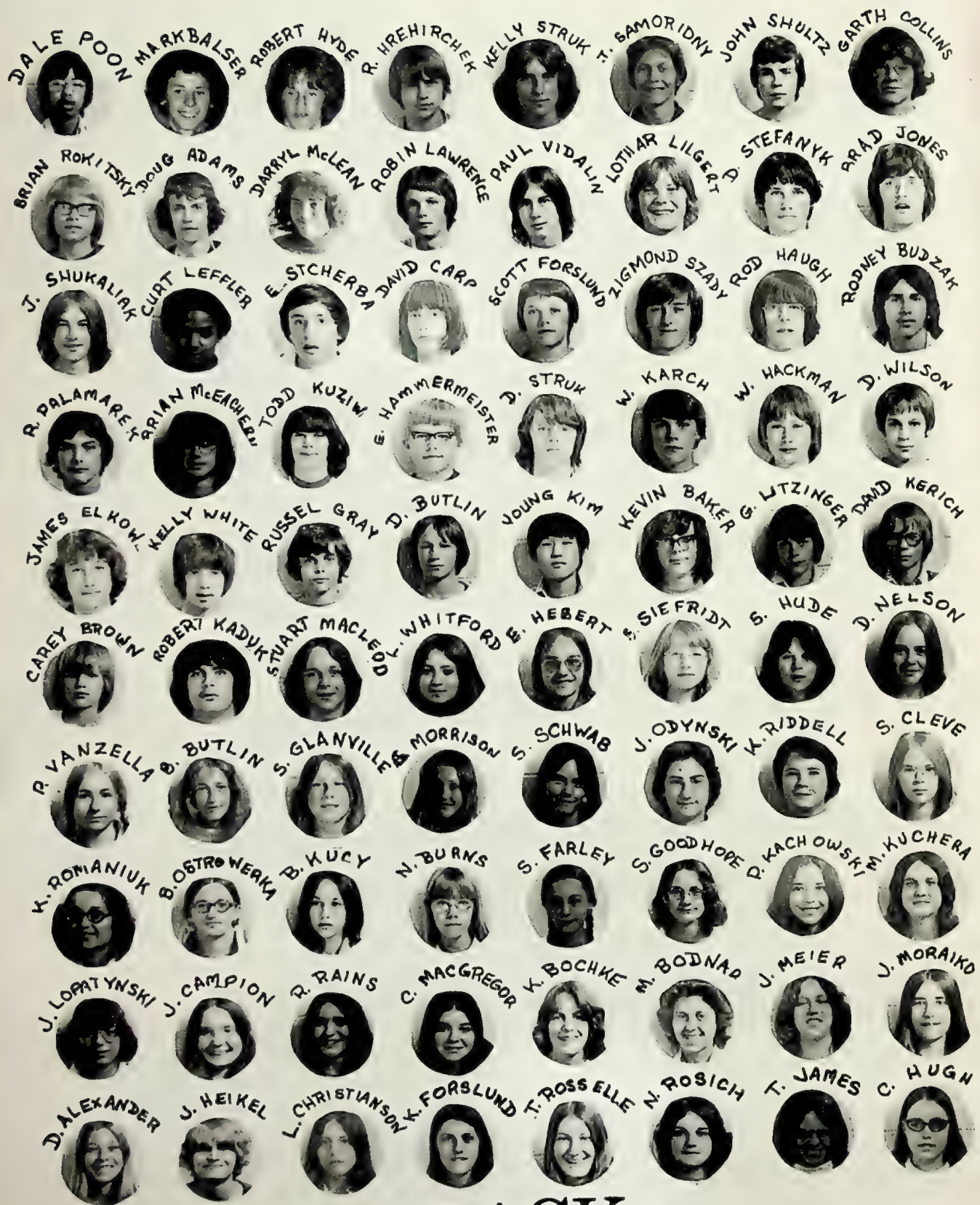




Antosko, Chuck
Chipiuk, Steve
Croswell, Wade
Funk, Lorne
McAvoy, Tom
McGillvray, Buddy



Norris, Tim
Portice, Jeff



TRACK

SPORTS



JIM SHAMPTON

SENIOR

BOYS

VOLLEYBALL



Michael



Jamie



Jerry

BOYS



Jim



Gary



David



Mr. Gredaruk



Robin



Robbie



Andrew



Mark



Stephen



Rick

SENIOR GIRLS BASKETBALL



April



Debbie



Sherry



Carol



Jami



Sherry



Jan



Brenda



Karen



Linda



Karen



Mr. Gredaruk

SOCCER



Dale David Charles Rob Jim Larry Mike



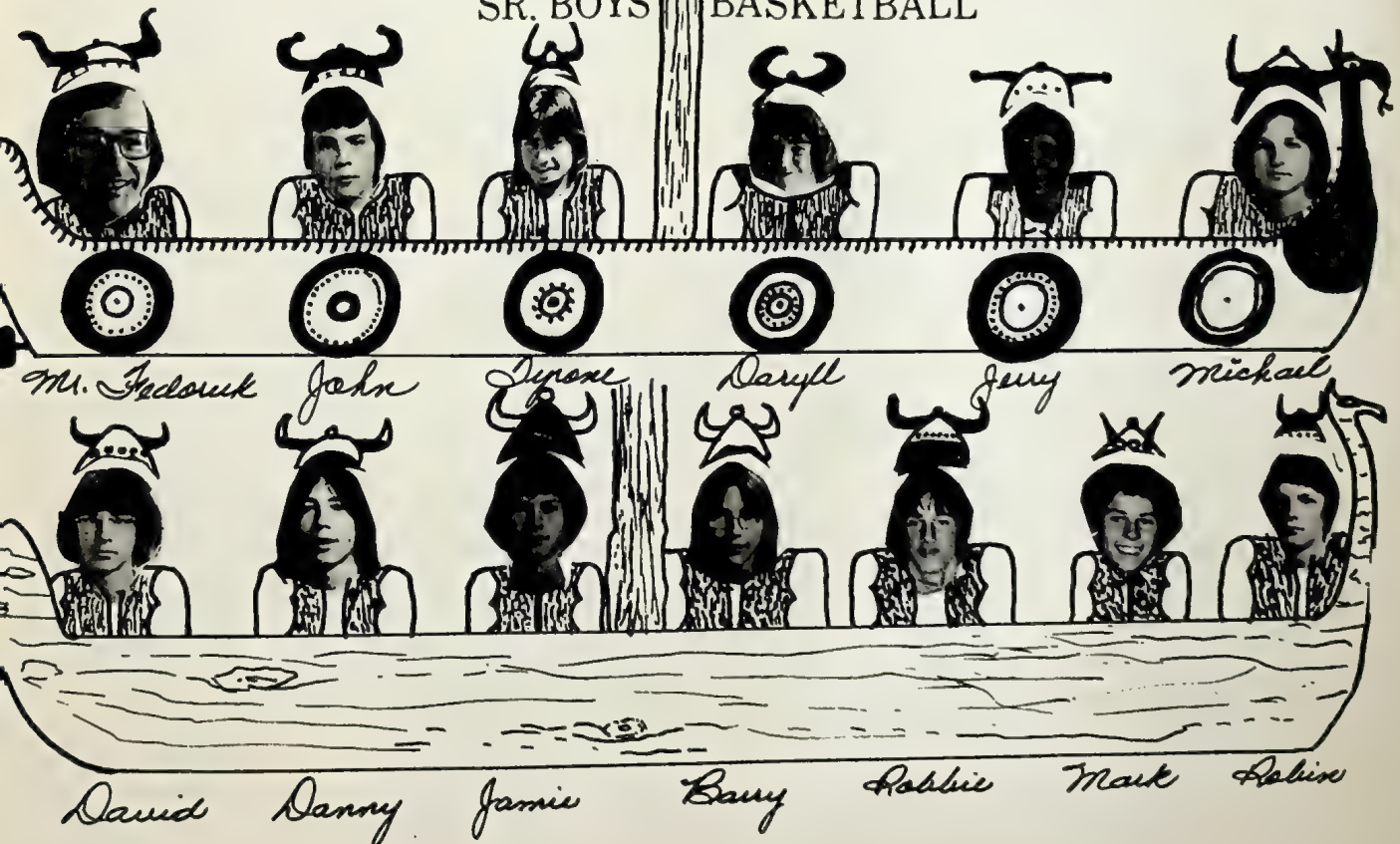
Joe Robbie Gary Darryll Robin James Jim

Mr.



Clooney

SR. BOYS BASKETBALL



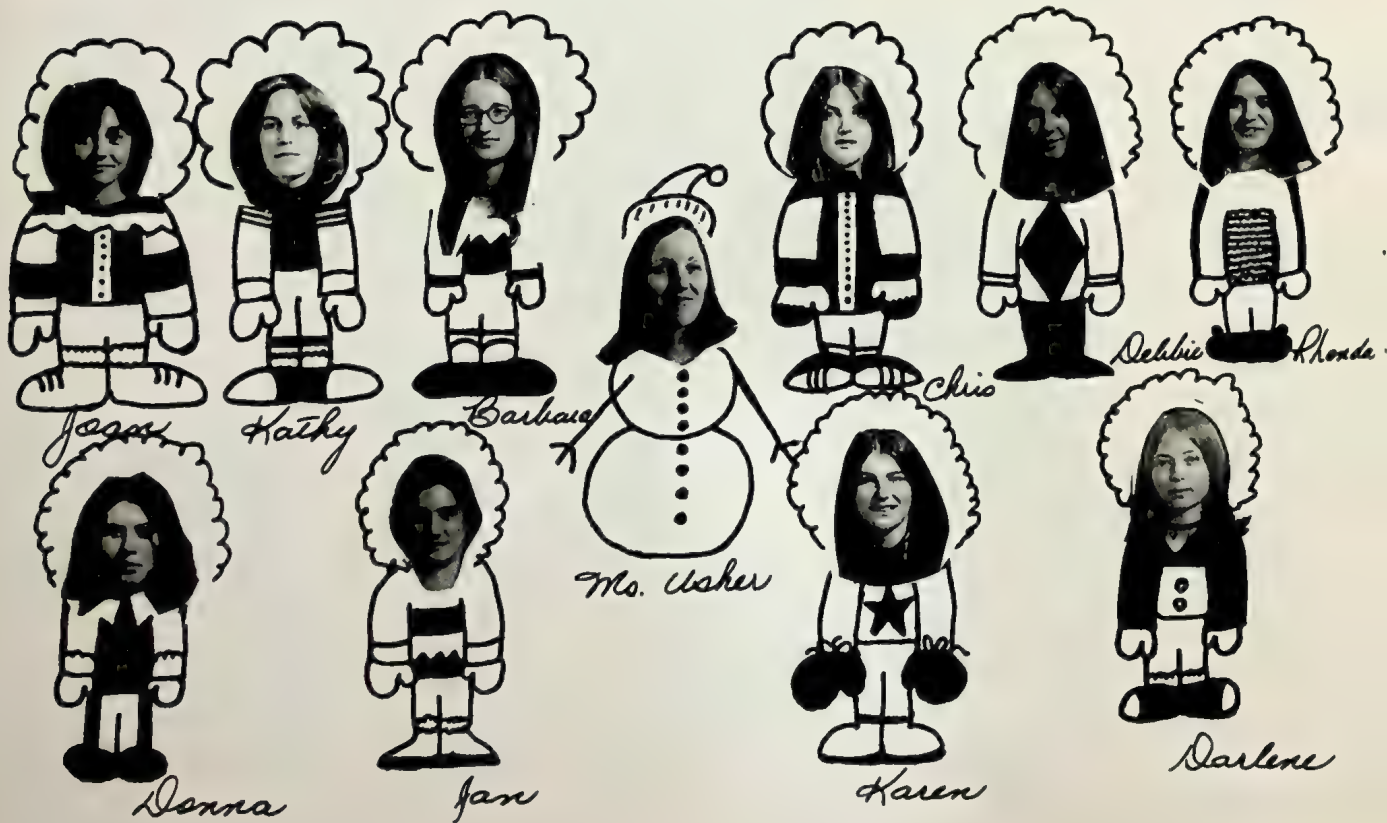
Mr. Indouk John Lynne Darryll Jerry Michael

David Danny Jamie Barry Robbie Mark Robin

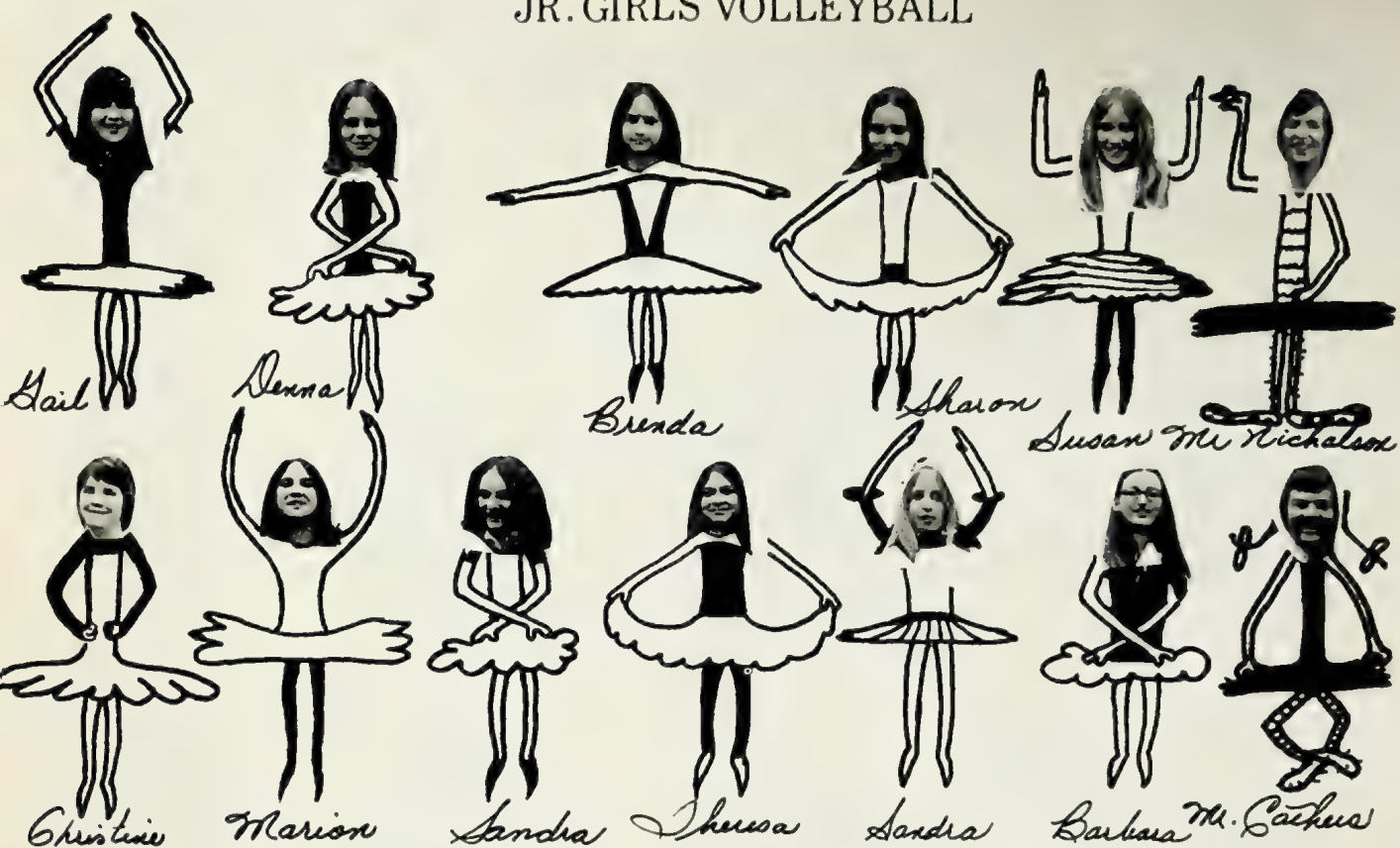
CROSS COUNTRY



SR. GIRLS VOLLEYBALL



JR. GIRLS VOLLEYBALL



JR. BOYS BASKETBALL





Boss

EDITOR'S MESSAGE

Working on the yearbook for the past three years has been a great experience for me. This last year, has been especially fun. I would like to thank all the students who contributed their time and efforts in making the yearbook. Also, I would like to give a very special thank you to Mr. Christensen, for without his assistance the yearbook would not have been completed. To all students the best of luck in 75.

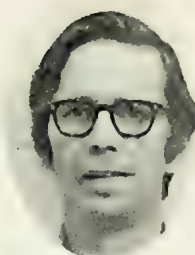
Vicki Spinks

Yearbook Staff

Special thanks to all those artists, fitters and gluers who spent so many of their lunch hours to produce this edition for you.

D.A. Christensen

The 1973-74 Yearbook has been both a challenge and an enjoyment for me as advisor.



SUPER BOSS



Terry



Cheryl



Manny



Diane



Nancy



Marlene



Brenda



Dan



Jim



Jerry



Bob



Konrad



Jane



Susan



Jeanette



Linda



Mrs. Duff



Mr. Campsall

Student Council

STUDENT'S UNION PRESIDENT'S MESSAGE

As the 73-74 school draws to a close. I to express my grat- toward the students of Highlands for my- a sucessful year students council lands. I would thank Mrs. Duff with Mr. Campsall Sulatycky for their appreciated help. I to wish the students of Highlands good luck, school term, and the summers to follow.



term eventually would like itude and staff self, and for the of High- like to along and Mr. much would like and staff in the 74-75

Danny O'krusko



Joyce



Bridget



Karen



James



Nancy



GRADE NINE YEAR END COMMITTEE

CHAIRMAN - Mr. Armstrong
CO-CHAIRMAN - Robin Lawrence
SECRETARY - Heike Weidemann

- 9A - Doreen Gutknecht
Andrew Loosely
- 9B - Linda Befus
David Boe
- 9C - Diane Plazier
Terry Miller
- 9D - May Wong
Mike Koyich
- 9E - Donna Underwood
Robin Lawrence
- 9F - April Krys
Rick Andony
- 9G - Heike Weidemann
David Ochotta

AUTOGRAPHS

